

SAINT-GABRIEL
-DE-
VALCARTIER

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PUBLIC INTEREST
MESSAGES:

- Municipal elections
- HHW collection (hazardous household waste)
- Bike Rodeo and Safety Fair
- Sports and recreation programming
- Library schedule
- Health problems: What to do? Where to go?

A WORD FROM THE MAYOR

Another summer is almost over and, in retrospect, was quite similar to last year meaning abundant rainfall which is great for vegetation but not ideal for summer vacations. Hopefully you were among the lucky ones who benefited from good weather for your holidays. For the rest of us, I guess we will have to wait until next year, once again proving the old adage that "timing is everything in life".

With regard to municipal projects, most are proceeding according to plans. Road works for Mountain View Road will be completed this fall as

well as improvements for Tantari Road. We will also be paving the road shoulders from Village Vacances Valcartier to Clark's bridge and part of Redmond Road for a total distance of three kilometres. The multi-functional shelter and barbecue pit project is scheduled to begin in September. A large tent was rented for the summer to cover the playground session.

The extension of our aqueduct system to chemin du Lac is still in the planning stages. Works will begin as soon as the engineers' plans are accepted by the



Ministry of Environment. The municipal council is also providing financial aid to the citizen's committee from Lac Jacques in their efforts to improve the quality of the lake. An agreement has also been reached whereby the Municipality will donate a parcel of land for the construction of a residence for seniors with a slight loss of autonomy. All in all, it has been a busy summer if not a sunny one. Let's hope for a great fall season!

Brent Montgomery

LABOUR DAY B.B.Q.

This activity, organized by the Fire Safety Services will be held on Sunday, September 6th at the Community Centre (1743 Boulevard Valcartier). There will be games for kids as of 4:00 p.m. and dinner will

be served between 5:00 and 7:00 p.m.

½ chicken with bun, salad and dessert for \$10.00

YOU MUST RESERVE YOUR CHICKEN AHEAD OF TIME!

The number of chickens is



limited.

To reserve :

418-845-2664 (Esther)

418-844-3755 (Susan)

2009 COMMUNITY GOLF TOURNAMENT

The Saint-Gabriel-de-Valcartier Sports and Recreation Department invites you to its Community Golf Tournament to be held at the Centre Castor Valcartier on Sunday September 20th, 2009.

\$80 per person (golf, cart, dinner and prizes)

We will be playing « Continuous Mulligan ». To register and get your tee-off time, please call Pamala Hogan Laberge at 418-844-2097.

Registration with payment before September 11th, 2009.

In order for the activity to take place, a minimum of 10 foursomes is required.



**DON'T
FORGET TO
TURN BACK
YOUR
CLOCK ON
NOVEMBER
1ST**



MUNICIPAL ELECTIONS 2009-PRELIMINARY INFORMATION

On November 1st, 2009, elections, will be held simultaneously throughout Quebec's municipalities. Seize this unique opportunity to discover municipal democracy and contribute to the quality of life in your community.

WHY VOTE?

Exercising your right to vote is of the utmost importance. Elected municipal officers assume numerous responsibilities in the community. If you wish to be represented, if you want to have a candidate elected whose orientations correspond with yours, seize the occasion and participate in the 2009 municipal polls. Your vote is the expression of your opinions and your need for the quality of life in your community.

Your municipal council, not only manages services such as public works, fire department, waste management but also intervenes in several areas which directly influence your quality of life, such as :

- * revitalization of a sector in your municipality;
- * questions regarding :
 - * the environment,
 - * recreational activities,
 - * social, cultural and community activities, etc.

Those elected as a council represent the population. They make decisions on the orientations and action priorities of the municipality and manage its business. The municipal council's role is to ensure that the services offered by the municipality correspond to the needs of the community.

VOTING : WHEN AND HOW?

WHEN?

Municipal elections will be held, if warranted, on Sunday, November 1st, 2009, throughout the Province of Quebec.

Polling stations will be open from 10 a.m. to 8 p.m.

If you foresee being absent or incapable of voting on general election day, you can vote on advance poll day.

Advance poll day will be on Sunday, October 25th, seven days before general election day.

Advance polling stations will be open from noon to 8 p.m.

HOW?

To vote on advance poll day or on election day, you must present a valid piece of identification with photo, either a health insurance card, driver's license or Canadian passport.

WHERE?

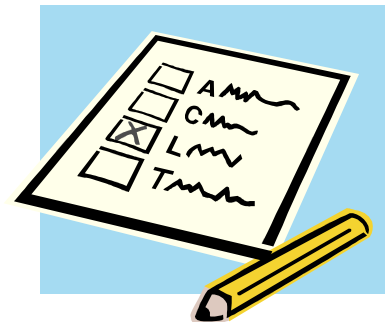
No later than 10 days before polling day, the election president shall give a public notice announcing the voting poll in a "poll notice". This notice is posted at city hall, at the community centre and at the post office and contains the particulars necessary to exercise your right to vote : electoral positions to be filled, information on the candidates, polling places dates and times.

WHO CAN VOTE?

In order to vote at the municipal elections, you must be an elector and registered on the electoral list of your municipality.

CONDITIONS REQUIRED TO BECOME A QUALIFIED VOTER

- * Must be at least 18 years of age;
- * Must be a Canadian citizen;
- * Must not be under curatorship;
- * Must not have been found guilty of an offence that is a corrupt electoral practice;



2009 MUNICIPAL ELECTIONS – CONTINUATION

CONDITIONS REQUIRED TO BECOME A QUALIFIED ELECTOR-CONTINUATION

- * And meet one of the two following conditions :
 - * Must be domiciled in the municipality, and have been domiciled in the Province of Quebec for at least 6 months;
 - * Must have been, for at least 12 months, the sole owner of an immovable or the occupant of a business establishment situated on the territory of the municipality.

To be entered on the list of electors, you must meet elector requirements as of September 1st of election year.

Any person having reached 18 years of age on polling day is eligible to be entered on the list of electors.

REVISION OF THE LIST OF ELECTORS

The municipal lists of electors are produced from the permanent list of electors in Quebec. Since 1997, Quebec electors data has been collected in an information system maintained by the Chief electoral officer of Quebec. This data, which remains confidential, serves to prepare the lists of electors for provincial, municipal and school board elections.

In spite of the constant updating of this list by the Chief Electoral Officer, each elector is responsible for ensuring that he or she is correctly entered on the permanent list of electors.

If your address has changed since the last municipal, provincial or school board elections, you can verify that it has been corrected on the permanent list of electors by consulting the *permanent list of electors* page on the Chief electoral officer's website.

Even if you directly proceeded to correct your address, your municipality's list of electors will be revised in any case according to the municipal elections and referendum law.

At the latest on October 10th, 22 days before the poll, the returning officer shall give public notice indicating that the electoral list has been revised.

The notice also indicates the place, dates and times where the list can be consulted and where to present an application for entry form, a striking form or correction form to the board of revisers.

So that you may verify if you are entered on the list of electors, the returning officer must send a personalized notice to every person registered concerning their entry. Notice must also be given to each residential address where no elector is entered on the list.

BOARD OF REVISERS

If you did not receive a personalized notice, if you are not entered on the electoral list, if you notice an error regarding your registration or wish to strike it, you must apply to the board of revisers. The election president of your municipality is responsible for establishing a board of revisers.

The board of revisers could request any document necessary to make a decision, for example, a piece of identification.

More information will be sent out during the next few weeks by mail.



HHW WASTE RECYCLING DEPOT - Hazardous Household Waste

The Municipality will offer a hazardous household waste recycling depot, free of charge on **Sunday, September 13th, 2009 from 9 a.m. to 3 p.m.** in the parking lot of the municipal garage (1745, Boulevard Valcartier).

Here is a list of materials to be recycled on that day:

PAINTS	ORGANIC HAZARDOUS HOUSEHOLD WASTE
<p>Paints:</p> <ul style="list-style-type: none"> • sold by retail businesses (100 ml containers and larger) • sold by wholesale businesses (170 L containers and larger intended for architectural use) • primers and paints (latex, alkyd, enamel and other) • metal or anti-rust paint • aluminium paint • dyes • varnishes • lacquers • products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways) • signalisation paints (those available in retail businesses) <p>Aerosol paints</p>	<p>Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.</p>
	INORGANIC HAZARDOUS HOUSEHOLD WASTE
	<p>Acids, bases, oxidizing agents, batteries, pesticides and insecticides</p> <p>Fluorescent compact lightbulbs (CFL)</p>



If you are not sure if a product that you would like to dispose of is on the list, bring it in to the depot and the trained employees will help you.

Each container must be intended for residential use only.

All products must be in their original containers.

For safety reasons, do not mix products.

During this collection, you may also bring in your used oil, used oil filters and oil containers (**non commercial use only**). This service is also offered free of charge throughout the year by the Municipality by appointment only.

The next hazardous household waste recycling depot will be held during the Spring of 2010. Thank you for your active participation for a healthy environment!

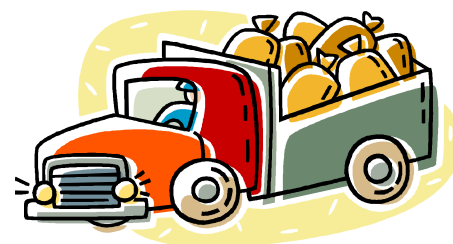
COLLECTION OF NON-HOUSEHOLD WASTE (DRY MATERIALS)

The weekly collection of non-household garbage will come to an end on Tuesday, November 24th. The Municipality will continue with a once monthly collection of these materials on the first Tuesday of each month, starting

December 1st until February. Residents must continue to call the Municipality in order to register their requests for this collection. Large garbage containers and their surroundings are not areas where you may dispose of these

materials.

It is important that the materials to be collected by the Municipality be set out in an organized manner (ex: carpets must be rolled and tied, metal must be sorted, wire



must be rolled and tied, etc.).

Thank you for your cooperation.

COLLECTION OF HOUSEHOLD GARBAGE AND RECYCLABLE MATERIALS - IMPORTANT INSTRUCTIONS

We would like to remind you to place your bins in your driveway and not on the curb side of the road, and this especially when there is snow on the road in order to facilitate the work of the snow removal contractor. Here are some important tips:

1. You may place your rolling bins at the roadside the night before garbage and recycling collection day.
2. Leave a distance of **2 feet (0.6 meters)** between the two bins, your mailbox and trees to allow sufficient clearance for the truck's side-loading mechanical arm.
3. Never leave anything on the cover of the bins.
4. Place your bins with the opening facing the road (wheels and handles facing the house). This will avoid damaging the bins and they may not be emptied.

We also ask that, for esthetic and security reasons, residents not leave their bins permanently at the roadside.

To consult the complete list of recyclable materials, visit the municipal web site or come to the municipal office.



Did you know that 35.2% of your garbage bag is composed of recyclable materials?

Over 80% of residual waste could be deviated from the incinerator site if it were reused, recycled or recovered.

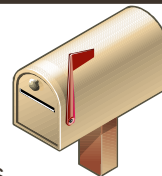


SPECIAL COLLECTION OF LEAVES AND FALLEN BRANCHES

Bags of leaves will not be picked up during the weekly collection of household garbage. The Municipality will hold a special collection on **Thursday, November 5th, 2009**. The bags of leaves should be placed by the side of the road in front of your residence.

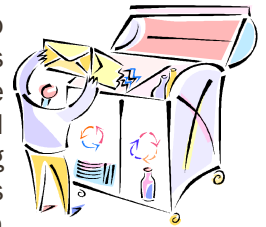
In order to accommodate our residents, branches that have fallen as a result of inclement weather will also be collected on **Thursday, November 5th, 2009** in restricted quantities. Branches must be left in piles by the roadside. No reservation required.

RURAL MAIL BOXES



Rural type mail boxes must be installed in such a manner that they are easily accessible for mail delivery. However, if they are placed too close to the road, they may be damaged inadvertently by snow removal services. It is the responsibility of all proprietors to ensure that their mail box is installed securely and that it does not interfere with the winter maintenance of roads.

CONTAINERS - GARBAGE AND RECYCLING



We would like to remind residents that large garbage and recycling containers located on a number of non-municipalized streets are there for the use of residents who do not have door to door collection for garbage and recycling. Because they do not have rolling bins, the Municipality has installed large garbage and recycling bins for their use only. When other residents use these containers, these residents cannot dispose of their waste since the containers are full. We ask you to please be civil and respectful towards your co-citizens and not use these containers if they are not meant for you.

WINTER GARAGES AND SNOW FENCES

These winter shelters are considered temporary in light of their construction (mobile wood panels or canvas) and must be dismantled after their period of use in accordance with the established by-law.

Winter garages and snow fences are authorized in all zones, from October 15th to April 30th, as long as the following conditions have been met:

- Winter garages must be located only on properties where a main building already exists;
- Winter garages may be located up to 3 meters (9.84 ft) from the road and must never encroach upon the public right-of-way;
- Winter garages must be installed in a parking area or on an access route to a parking area;
- A minimum distance of 2 meters (6.56 ft) must be left between a winter garage and a fire hydrant.





INCREASED CONSCIOUSNESS FOR WATERFRONT OWNERS

The protection of lakes and rivers is everyone's responsibility!

Shorelines and riverbanks are considered as the most important areas of our rivers and lakes. We have to avoid, as much as possible, any interventions to shorelines and the littoral in order to keep these areas in a healthy state. We would like to remind you that it is forbidden to:

- dig;
- remove gravel;
- or to fill in waterfronts.

It is better to have a restricted view on a healthy lake than to have a breathtaking view of a polluted lake.

Pesticides and lakes are not a good combination ...

The use of pesticides on water shorelines can have very negative effects on aquatic environments. Indeed, rainfalls will often carry pesticides into the lake which can cause an inordinate amount of proliferation of algae and destroy food sources necessary to the

survival of certain species.

Don't forget that the use of pesticides is not a preventive measure. Moreover, this method is only a short term measure contrary to maintenance practices. On the other hand, if you must use pesticides:

- Purchase only the quantity you will need;
- Follow the directions;
- Follow instructions concerning preparation, manipulation, application and disposal

- Apply only where necessary (avoid systemic treatment);
- Apply at the proper time to avoid having to start over again.

Our children are the ones who are most often in direct contact with our lawns, so for their safety, please avoid toxic products.

Every gesture on your part allows all of us to take a further step towards a healthier environment and will allow us to attain a sustainable environment, necessary to safeguard the future quality of our environment.

PLAGUE OF THE PLASTIC BAG

The best trash is that which is never produced, because we don't spend time or money disposing of it! That's why it's so important to practice source reduction!

Why should we reduce plastic bag consumption?

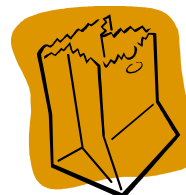
- ⇒ Quebec residents use 2 billion plastic bags every year.
- ⇒ Each bag is used for approximately 20 minutes but can take up to 400 years to decompose in the environment.
- ⇒ Plastic bags pollute the landscape and the environment.
- ⇒ These bags are harmful to wildlife if swallowed or if they get trapped inside.
- ⇒ Several municipalities in Quebec now forbid businesses from distributing free plastic bags on their territory.

Tips and tricks :

- ⇒ Bring reusable bags when running errands. Leave a few in the car, in the house, in your backpack, everywhere so that you always have one on hand!
- ⇒ Don't be afraid to refuse a bag! Your receipt is your proof of purchase not the bag.
- ⇒ Do you really need a bag when buying 2 or 3 items?
- ⇒ If you already have some bags, why not reuse them!

How to distinguish the good from the bad?

- ⇒ The **ordinary** trash bag can be recycled in some regions in Québec. However, the recycling plant in Quebec City does not recycle plastic bags and they are sent to the landfill.
- ⇒ The **biodegradable** plastic bag is not always as green as we think it is... These bags used by businesses and store owners concerned with the environment are made from plastic of which a chemical ingredient is added to help speed up the break down process. They are therefore not recyclable since these ingredients degrade the plastic and therefore diminish it's quality. They are not compostable, because they are made of plastic. We must always put them in the garbage (regular waste).
- ⇒ Certified **compostable** bags are not made from plastic but from corn starch and other organic matter. This substance originating from organic matter decomposes rapidly and constitutes the best environmental choice.



2009 RESULTS — EMPTYING OF SEPTIC INSTALLATIONS FOR RESIDENTIAL DWELLINGS

We would like to thank residents and /or proprietors of the Municipality for their great cooperation during the emptying of septic installations project this past summer. The next emptying of installations will be during the summer of 2011.

We would also like to remind the population that if one of the tank covers is damaged, we suggest that you take the necessary steps to fix or replace it in order to avoid eventual problems with your septic installation or leaching bed (drain field). Notably, if residues (soil, sand, dead leaves, etc.) infiltrate your installation, this could cause long term problems such as clogging the purification system. At that time, a new leaching bed might have to be installed. Therefore, we strongly recommend that you have the situation fixed before the next collection.

Should you have any questions, please contact François-Michel Hardy, Assistant Municipal Inspector at 418-844-1218.

A SAFE ENVIRONMENT FOR HALLOWEEN

On Halloween night (Saturday, October 31st) in order to provide our children with a safe environment to do their trick-or-treating, Fire Safety Services will be out controlling traffic from 5:30 to 8:30 p.m.

The patrolled route is as follows:

Boulevard Valcartier, between civic numbers 1660 and the Dépanneur du Village; Morley Street; Domaine St-Gabriel; Place Leduc.

We ask drivers to please be vigilant along the streets mentioned above and to travel

below the posted speed limit. We also ask the collaboration of the people residing along the patrolled route to please keep their dogs tied and to turn off their outside lights if they are unable to participate or when they can no longer receive trick-or-treaters. Thank you very much in advance for your cooperation and we hope that this effort will help the children enjoy a safe and happy Halloween.

Come to the FIRE HALL to pick up these items before starting

your Halloween route:

- A trick-or-treat bag, offered by Tim Horton's CFB Valcartier.
- A flashing pin
- A surprise!!!

We will also be serving Tim Horton's hot chocolate and coffee!

This activity is made possible thanks to the collaboration of the Municipality, Fire Safety Services and the Sports and Recreation Department of Saint-Gabriel-de-Valcartier.

Parents, we suggest that you park your car in the Community Centre parking lot and walk the trick-or-treat route with your children.



Hey kids, check your candies with an adult before eating them!

GET READY FOR WINTER!

Fall is fast upon us and here are a few safety tips to be well prepared for the cold weather.

First of all, a safe way to dispose of fallen leaves is to put them in a composting bin instead of burning them in the yard.

For the pool, store maintenance products in a safe area, in the shed or garage, safely removed from other stored items.

Cover the barbecue with a slipcover and remove propane tank and place behind the shed or garage in an upright position, out of children's reach.

If storing a container of gasoline for your lawnmower or yard equipment, ensure that it is kept well away from pool maintenance products, with the cap tightly secured. Gasoline should not be stored on balconies or in the basement of a home.

Store firewood outside, at a

safe distance from the house, during the winter. Inspect the logs to ensure they have wide cracks at both ends, which indicates the wood is very dry. During the period the wood stove is in use, only bring a few loads indoors at a time. Once all the wood is stacked, cover the logs to protect them from adverse weather conditions. Wet wood does not burn well and increases creosote build-up.

Be aware of the importance of sufficient air flow through the chimney so the flames will burn clean and bright, and thus enable complete combustion, with less smoke. Of course, less smoke means less creosote. Creosote refers to droplets of liquid found in the smoke released by burning wood. As it cools, this liquid hardens and coats flue linings, thereby increasing the risk of fire. Do not burn too many logs simultaneously: it is better to burn fewer and add wood more often to avoid creosote



build-up.

Store ashes in a non-combustible metal container with a tight fitting lid. The closed container should be placed on a non-combustible floor or on the ground, well away from all combustible materials, pending final disposal. These can remain hot for a period of 72 hours.

You may reserve equipment to clean your chimney at the Municipality. This service is free of charge.

If a fire starts in your chimney:

- Close the air trap
- Get out immediately
- Call 9-1-1

Check your smoke detector and don't forget to change the batteries twice a year (when the time changes). If you hear intermittent « beeps », replace

the batteries.

If you sleep with your bedroom door closed, it is strongly recommended to install a smoke detector in that room.

Another smoke detector should be installed one meter from the doorway of rooms in which steam and cooking vapours regularly circulate, such as the bathroom, laundry room or kitchen. In this way, the device will be less likely to ring unnecessarily.

Please note: A smoke detector's operational life is approximately 10 years. Perhaps it's time to change?

By following this simple advice, you will be making sure that you and your loved ones will get through the winter safely.

Think about it! Have a great winter season!

BIKE RODEO AND SAFETY FAIR - SUNDAY SEPTEMBER 6TH FROM 10:30 A.M. TO 3:30 P.M.

The Municipality of Saint-Gabriel-de-Valcartier, the Sports and Recreation Department, Fire Safety Services and the Sûreté du Québec invite you to a special day of family activities at the Fire Hall located at 1745 Boulevard Valcartier.

In conjunction with the 2009 Fire Safety Services fundraiser to help support the Québec Firefighters Foundation for Major Burn



Victims, firefighters will be fundraising on Boulevard Valcartier in front of the fire hall.

ACTIVITIES

Fire Hall Open House and exposition of vehicles as well as a boat from the Sûreté du Québec's Search and Rescue Team.

- Family Bike Ride
- Bike Rodeo (test your skills and bike safety knowledge)
- SQ Bicycle and helmet safety check

- SQ Bicycle engraving (need parent's drivers licence number)
- CAA Child Car Seat Check (the child must be present)
- Children's photo session dressed as a firefighter!
- Face painting...and more!!!

For more information, please contact Pamala Laberge at 418-844-2097 or Fire Safety Services at pompiersgdv@videotron.ca.



SCHEDULE

- 10:30 Open House at Fire Hall
- 11:00 Activities begin
- 11:30 Hot dog lunch (Quebec Firefighters Foundation for Major Burn Victims fundraiser)
- 2:00 Departure of the Family bike ride (22 km)
- 3:30 End of activities



PHYSIK CENTER - CONDITIONING ROOM

Schedule :

Monday to Friday

A.M. 6:00 to 11:00

P.M. 3:30 to 8:30

(except Fridays PM from 3:30 to 6:30)

Price list :

1 month : \$30 per pers./\$40 per family

3 months : \$60 per pers./\$80 per family

6 months : \$110 per pers.

/\$140 per family

1 year : \$200 per pers./\$260 per family

50% discount for students aged 25 and under & adults over 50

1 session : \$3 per pers.

Card for 20 sessions : \$40

Non residents : \$20 extra

Age requirement :

14 to 16 years old : Cardio only

16 years and above : Cardio + Weight training

Services offered :

-Personalized programs (cardio, weight loss, endurance, strength, muscular weight gain)

-Nutritional follow up

-BMI (Body Mass Index) measurement

-Specialized programs: preparation for competitive sports, ambulance technicians, firefighters, police technicians, military



recruitment...

Equipment :

Weight training equipment: Atlantis

Cardiovascular equipment: Life Fitness

Person responsible :

Jean-François April

B.Sc Physical Education

Coach expert FCPAQ

Telephone : 418-844-1218 ext. 233

Email : centreprysik@videotron.ca

CLUB ADOS

Summer is almost over, and it leaves animators and teens with wonderful memories. We had several opportunities to spend more time with Club Ados members during the many activities that took place this summer. The outing to La Ronde remains the number one activity for all. Furthermore, it will most probably be on the schedule again for next year's activities.

Since the month of September means back to school, it also means back to our regular schedule. Therefore, as of the beginning of September, we will be open on Thursday from 6 to 9 p.m., Friday from 6:30 to 10 p.m. and Saturday from 2 to 10 p.m. Also, the first Friday of each month will be dedicated to a fund raising disco for children from 5 to 11 years old. The Club Ados is a place frequented by many of the youth of the Municipality where they can get together to have fun in a safe environment. We are always available to listen and help them. Several activities are suggested each month and we always try to innovate in order to reach as many youth as possible. If you have any

suggestions for activities, questions or comments, we would be happy to hear them.

Anouk Fortin Lapointe, coordinator

Jonathan Lavallée, assistant-coordinator

Geneviève Cournoyer, animator

418-844-1327 / clubados@munsgdv.ca

SPORTS AND RECREATION PROGRAM—FALL 2009

Registration period: at the latest Monday, September 7th

FOR MORE INFORMATION

Pamala Hogan Laberge, Sports and Recreation Director
418-844-2097 or plaberge@munsgdv.ca

METHODS OF PAYMENT

You must fill in a registration form.

Night deposit (only checks are accepted) : You may deposit your registration in the night deposit box at the municipal complex, 1743 Boulevard Valcartier.

In person : Checks, cash or direct payment are accepted.

Payment by check: Payments by check must be made in one payment dated September 15th, 2009 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125, it is possible to make two instalments; the first for September 15th, 2009 and the second for October 15th, 2009. For a check returned for insufficient funds, a fee of \$10 will be applicable and the payment will have to be made in cash.

Taxes: Taxes are included in the price when applicable.

HOW THE COURSES FUNCTION

Beginning of courses: Courses will begin the week of September 7th, 2009 unless otherwise notified.

Number of participants: The number of registrations for each activity is limited (minimum and maximum of participants). If the minimum number of participants is not reached, the Sports and Recreation Department will cancel the activity and reimburse all persons registered for the activity.

Activity confirmation: If you do not receive a call from the instructor before the beginning of the course, it means that the activity will take place as scheduled.

Responsibility: The Municipality of Saint-Gabriel-de-Valcartier does not assume responsibility and shall not be held liable for any bodily damages, theft or loss that may occur during an activity offered by the Sports and Recreation Department.

PLAYGROUP FOR CHILDREN BETWEEN 3 AND 5 YEARS OLD

Recreational activities are offered to children between 3 and 5 years of age. The goal of this group is to help children socialize through games, arts and crafts, songs, stories, etc. Since this group fills up rapidly and places are limited,

we suggest that you register your child as soon as possible. Children must be toilet trained to attend this group.



Where: Community Center
Schedule: Tuesday, Wednesday and Thursday from 9 a.m. to 3 p.m.

Duration:

13 weeks from
September 15th
to December 10th

Cost:

2 days/week: \$230
3 days/week: \$330

Animators:

Sandra Woodbury and Jayne Doddridge



BABYSITTING SAFETY COURSE

Children 12 years and older (you must have turned 12 before the beginning of the course) are invited to register for this course. The cost is \$45. We need a minimum of 8 participants.

We plan to offer this course during the month of **October**.

For more information, please contact the Sports and Recreation Department at 418-844-2097.

Registrations will be accepted until September 30th.



CPR COURSE

We plan to offer this course, which is reserved for participants 16 years of age or older, in **October**.

For more information, please contact the Sports and Recreation Department at 418-844-2097.

Registrations will be accepted until September 30th. Cost to be determined.

The importance of CPR

Here are a few reasons to motivate you to take a **CPR course**:

- **CPR** is a skill that could very well save the life of someone suffering from cardiac arrest (which occurs when the heart stops beating all of a sudden and the person stops breathing).
- Approximately 40 000 cardiac arrests occur

each year in Canada and every minute that passes, survival chances for the victim diminish by 10 %.

- Over 80 % of cardiac arrests occur at home or in a public place and less than 5% of victims survive.
- Research shows that between 35 and 55% of cardiac arrests occur in the presence of witnesses, often a member of the family or a friend, but that few victims receive **CPR**.

Once the heart stops beating, every second counts: knowing how to react and what to do in this type of situation could increase the chances of survival and recovery by 30% or more.



TAEKWON-DO

The Taekwon-do Club is reserved for children of 6 years and older and adults.

The philosophy of Taekwon-do is to eliminate fighting by discouraging an aggression by force. This philosophy contributes to humanity, justice, morality, wisdom and loyalty with the objective of building a better and peaceful world.

The creed, recited at the beginning of each course by the instructors and students, reflect this philosophy:

1. Courtesy
2. Integrity
3. Perseverance
4. Self control
5. Courage



You are welcome to participate free of charge the first week at 6:00 p.m. We invite parents to sign up with their child.

Place: Community Center
Schedule: Tuesday and Thursday from 6:15 to 8:45 p.m. starting September 15th
Cost: \$100 for intermediate and advanced
 \$20 extra for non-residents (payable once a year)
Teacher: Rock Soucy

HIP HOP DANCE



Back for a 13th consecutive session! The time for your class will be determined according to your age group and will be confirmed before the beginning of the session.

Where: Community Center

Schedule: Saturday (times to be determined according to registrations received)

Duration: 12 weeks starting September 19th

Cost *: \$75 (1st child), \$70 (2nd child), \$65 (3rd child)

Teacher: Manon Gaudet
 418-844-3491

*Cost, which should be paid directly to Manon, includes classes for 12 weeks, one practice for all groups, a rehearsal, and the show scheduled for Sunday, December 20th, 2009.

Come have fun...See you soon!

SRP - SPORTS RECREATION PLAN

Valcartier Garrison's SRP allows you to benefit from various services as a complement to our activities. Your membership gives you access to sports and recreation infrastructures at the Sports Center. For complete program, visit www.saint-gabriel-de-valcartier.ca under the Sports and Recreation section or come to the municipal office.

FALL SRP REGISTRATION - August 23rd from 10 a.m. to 3 p.m. at Sports Centre
 (Courses begin September 8th, registration period is from August 23rd to 30th)
 Free access with your SRP membership card to indoor pool, climbing wall (accreditation mandatory), classes (aerobics, spinning, aqua-jogging, prenatal aquafitness)

For more information on the SRP:
 418-844-5000, ext. 5085

MOM & TOT GROUP

Would you like to meet other moms and toddlers from the community?

To have fun and create a break from your normal routine, we offer a playgroup for children and their mothers. We will get together once or twice a week, either on Monday or Friday for approximately 2 hours in the morning or

afternoon, depending on the majority's availabilities, to play together, meet new friends, gain new skills, share ideas and experience new activities.

If you are interested in joining us, please contact Janick Purchio at 418-933-2651 or Pamela Hogan at 418-844-2097.

Hurry and sign up!
We hope to see you at the first get-together on September 14th!



STEP

Course reserved for adults (12 years and older).

Where: Community Center

Schedule: Monday and Wednesday 7 to 8 p.m.
 as of September 14th for a period of 12 weeks

Cost: \$30

Teacher: Lise Larochelle

50% rebate for students.
 Class size is limited, please register as soon as possible.



WOOD PAINTING

Course reserved for adults.

To learn new painting techniques while creating original, decorative and practical pieces, these three hour a week workshops will teach you the basic techniques and allow you to complete your own projects at home. A talent for drawing is not required.

It is not necessary to register, you can just come to class. In order to provide a personalized approach to everyone, a maximum of 10 people per night will be accepted.

Where: Community Center
Schedule: Freestyle workshop every Wednesday from 6:30 to 9:30 p.m. starting September 16th

Cost: \$15 per week
Teacher: Manon Mailloux
 418-844-1965



COURTEPOINTE—BETTY'S QUILTERS

Welcome to new members!

This activity is for adults and children of 14 years and older. Team projects or projects for beginners are proposed or you can work on your own projects. The main objective is to learn and share everyone's knowledge.

Where: Community Center
Schedule: Monday from 7:00 to 9:30 p.m. starting September 14th

Cost: \$30 for the year



Information evening the first Monday.

2009 REGIONAL CHRISTMAS CARD CONTEST

LAST CHANCE TO REGISTER!

Calling all painters (oil, watercolours and pastels) and photographers...it's already the time of year to take out your art materials for the 2009 Regional Christmas Card contest! Take advantage of the beautiful winter scenery of La Jacques Cartier, or then again, the atmosphere of the Holidays to create a work of art which will reflect the Christmas card concept.

Candidates:

Artists (paint, watercolor and pastels are accepted) as well as photographers residing in the Jacques-Cartier territory and ready to seduce us with their colors, senses and creativity are invited to submit their works of art.

The categories:

For this new edition, three categories of candidates will be admitted: the adult category, the 5-10 year old category and the 11-17 year old category.

Criteria:

...if you submit a painting

- Canvas on wood frame only
- Minimum dimensions : 8 in x 12 in
- Maximum dimensions : 12 in x 16 in
- Frame is optional
- For watercolours, use the medium required for this subject.

...if you submit a photograph

- Paper version of the photograph with a glossy finish
- Dimensions : 8 in x 10 in
- Photograph taken in the Jacques-Cartier territory during the Winter of 2008-2009 (the capture date must be indicated on the back of the photograph)
- Frame is optional

Please note that all works must represent the Jacques-Cartier territory and must recall a winter scene and don't forget to identify your work (name, telephone number, age category) at the back and ensure that it is well protected when you bring it in.

The prizes

A cash prize will be awarded to the winner in each category. Moreover, one work of art among all those submitted will be chosen for the regional Christmas card produced by the MRC. It could be yours!

Registration details:

To register for the Regional Christmas Card contest or to obtain more information, please contact Stéphanie Laperrière, cultural development agent for the MRC, at 418-844-2160 extension 227 or by email: slaperrere@mrc.lajacquescartier.qc.ca.

Dates to remember:

You have until September 28th, 2009 to register. All creations must be deposited at the MRC's offices or at your Municipal office no later than October 12th, 2009.



MUNICIPAL LIBRARY- OPENING HOURS

An exchange of books took place in August, come see our new books!

Free membership card.

Opening hours until September 5th

Monday and Wednesday :
7 - 8:30 p.m.

Opening hours as of September 8th

Monday : 2 - 4:30 p.m.

Tuesday : 10 a.m. - 12 p.m.
6:30 - 8:30 p.m.

Wednesday :
6:30 - 8:30 p.m.

Saturday : 2 - 4 p.m.

MUNICIPAL LIBRARY—VOLUNTEERS NEEDED

We are looking for volunteers at the Municipal Library. We need people available to work starting in September, you need only volunteer a few hours per month...

Tasks assigned to volunteer workers :

- * Provide customer service at reception, book loan and user assistance desk;
- * Insure that the premises

are welcoming, enjoyable and favourable to their purpose;

- * Be familiar with and apply the rules, regulations and policies of the Library.

If you are interested or need more information, please contact Pamala Hogan Laberge at 418-844-2097.



VOLUNTEERS

A special thanks to all volunteers who participated in the soccer league for children and in the adult softball league as well as to the volunteers on Family Day. Also, a big round of applause to the Playground 2009 monitors! Thanks to your cooperation, playground was a phenomenal success!

Thanks a million!



EVENTS CALENDAR

SEPTEMBER

- 6: Bike Rodeo and Safety Fair / Labour Day BBQ
- 7: End of registration period for sports and recreation
- 13: HHW depot (Hazardous household waste)
- 20: Community golf tournament at Centre Castor

OCTOBER

- 31: Activities and safety route for Halloween

NOVEMBER

- 1^{er}: Municipal elections
- 5: Special collection for leaves and branches
- 24: Last weekly collection of dry materials



Useful telephone numbers

MUNICIPALITY

Administration	418-844-1218
Public works	418-844-1218
Sports & recreation	418-844-2097
Club Ados	418-844-1327
Library	418-844-4040
Valcartier Cable	418-844-3666
Municipal emergency (voirie)	418-844-0911
Recyc-Frigo	1-877-493-7446
Sûreté du Québec	*4141 (cellular)
(non emergency assistance)	418-310-4141

EMERGENCY

Info-santé	8-1-1
Info transports	5-1-1
Telephone listings	4-1-1
Community services guide	2-1-1

HEALTH PROBLEMS: WHAT TO DO, WHERE TO GO?

These following THREE STEPS, should facilitate your access to health services and a doctor, if necessary:

- 1. Info-Santé 8-1-1** nurses available 24 hours a day, 7 days a week (for non-urgent cases)

- 2. If the Info-Santé nurse recommends that you consult a doctor;** Consult your family doctor or the doctor at your walk-in clinic or at the GMF (groupe de médecine familiale) where you have a medical record.

If you do not have a family doctor, go to the nearest CLSC offering walk-in medical services or to one of the following "cliniques-réseau"

- 3. If the Info-Santé nurse recommends that you go to the emergency;**

Please go to the emergency closest to your sector.

CLINQUES-RÉSEAU

SCHEDULE for walk-in clinics:

Weekdays: 8 a.m. to 9 p.m.

Weekends and holidays: 9 a.m. to 1 p.m.

Clinique médicale Giffard

3333, rue du Carrefour, bureau 210, Beauport

Telephone: 418-663-6345

Clinique médicale Saint-Louis

3165, chemin Saint-Louis, Sainte-Foy

Telephone: 418-653-1970

Centre médical Saint-Vallier

205, rue Montmagny, bureau 201, Québec

Telephone: 418-688-0872

Clinique médicale Pierre-Bertrand

303, boulevard Pierre-Bertrand, bureaux 203 et 212, Québec

Telephone: 418-683-2724

Centre médical Le Mesnil

1300, boul. Lebourgneuf, bureau 300, Québec

Telephone: 418-624-1900

SHANNON IRISH DANCERS

The Shannon Irish Dancers in association with the Bernadette Short School of Irish Dancing in Montreal, will begin their fall session of Irish dancing lessons on Sunday, September 13th for children and on Tuesday, September 15th for adults at the Shannon Community Centre. 75, Gosford Road.

All levels and all ages of dancers accepted. This year we are proud to announce that in addition to the regular Sunday lessons, our professional coaches, Bernadette and Marie Short, will be joining us once a month.

Beginners are always welcome To register, or for more information, please contact Kerry Ann King at 418-844-0033 or at shannondancers@hotmail.com.

